

WOMAN AND HOME.

COMFORT FOR INVALIDS.

Ideal Chairs, Carrying Chairs, Pillows and Night Lamps—How to Enjoy the Delights of Convalescence—Some Conventions and Contrivances of Great Practical Benefit.

Some one—was it Tom Cringle?—said that it was worth while going through the yellow fever to enjoy the delights of convalescence, and in like manner it may be said that a smart fit of illness is not too large a price to pay for having the sole and undisputed right to occupy for a couple of weeks a properly turned out invalid's chair, such a one as I saw the other day, made ready as a surprise for one who had been suffering many months, and had still a weary time of convalescence ahead.

This chair is really all that the heart could wish for. Its springs are of the easiest and most approved French make. In form it is not so remarkable, perhaps, being a large, low and deep armchair, with a convenient footrest concealed under the framework, which pulls out and transforms the chair with the addition of a few more cushions into a fine, easy lounge, when "to lie down" seems the one thing desired in life.

But in convenience and contrivances it excels a yacht's cabin. It is fitted up with all manner of things which can add to the occupant's comfort and happiness. Every appliance is at hand with scarcely the trouble of moving, or what is worse still to an independent spirit, weakened and nervous from disease—asking for help to find book, work or writing materials. It has a reading-desk attached to its broad, well-cushioned right arm. A small table, working on a swivel, and easily pushed aside when not needed, is fastened to its left arm. A graceful lamp-stand in wrought iron, with a pretty bowl and glass shade, is fastened to the left side of its well-upholstered back. A roomy receptacle for holding book, work and various odds and ends, opens from the inside of one arm. A delightful writing-pad supplied with all that heart could wish is its opposite neighbor.

Another comfort lately introduced for the use of invalids is the clever in-



NEW INVALID CHAIR AND SPINAL PILLOW.

vention of a lady who was persuaded to try her hand at patents by the force of circumstances.

While nursing her husband during a long illness she felt the necessity of providing some comfortable support for his head, and finally devised an arrangement of spiral wires set in a supporting frame which gives a soft springy back and is adjustable to any position. We have all at various times cuddled our brains in clumsy endeavors to make the temporary "sitting up" a restful change. I went yesterday to see a friend who is convalescing from a severe illness, but not yet strong enough to bear the fatigue of a change to the sofa, and found her simply reveling in the possession of one of these delectable inventions.

Still another new invalid's comfort, which is also the result of a woman's wit, is a very simply-constructed chair designed for the purpose of carrying a patient from the bed to the sofa, or from room to room. It consists of strips of canvas which are easily slipped under a patient and when lifted form a canvas chair, either in an upright position or a recumbent one. This contrivance is without doubt the very best yet discovered for moving an invalid, as it entails no exertion whatever on the part of the sufferer and is a boon in the way of changing the physical and moral atmosphere for a brief space.

Apart from the suffering, one of the greatest trials to bear in a long illness is the dead monotony of being shut up within a limited space of four walls; however attractive and cheerful the room may be, a change to one of less agreeable aspect and surroundings brings with it a sense of repose and rest. Many invalid chairs have been patented, but all of them necessitate more or less exertion, or a disturbance on the part of the patient.

If I wanted to make a useful and at the same time pretty gift to a sick friend I know of nothing likely to be more acceptable than a new night lamp which was shown me yesterday. It is made in the shape of a candle, which fits into a low Queen Anne silver candlestick. The candle forms the receptacle for the oil, there is a little crystal globe on top, and a frame which supports a dainty little silk shade, which is used on the dinner table candle. The light is soft and clear, and the lamp is warranted to burn all night.—Isabel Dundas, in St. Louis Republic.

A Substitute for Coffee.
Those persons who find it impossible to drink coffee, on account of its effect on the digestion or nerves, may find the following substitutes acceptable. Take three parts best bran, one quart corn meal, three table-spoonsful of molasses, mix and brown in the oven like ordinary coffee. For every cup of coffee required use one heaping table-spoonful of the caramel. Pour boiling water over it and steep, not boil, for fifteen or twenty minutes.

DAINTY PINCUSHION.

Any Bright Girl Can Fashion One at a Trifling Expense.

A novel pincushion, and one which may be fashioned at very little expense, is made in the shape of an egg. Cut two pieces of cardboard any size you may desire, cover neatly with ecru or white linen, and after this is done sew the two pieces together. The decoration, which consists of violets with their leaves and buds, can be either embroidered or painted. If embroidered the flowers should be worked in two or three shades of the violet silks, with a tiny French knot of gold-colored silk in the center of each. Embroider the stems in varied shades of green, bronze and gray greens; these are exceedingly pretty and harmonious. The design will have to be embroidered before the linen is put over the cardboard. If painting is preferred it is more easily accomplished after the pincushion is finished, as there will then be no danger of rubbing the painting. Place pins all round the edge of the egg, and finish



DAINTY PINCUSHION.

with a bow of violet ribbon with long, flowing ends. Pincushions made in this way can be decorated with any spring flowers the fancy dictates, and are exceedingly pretty when suspended from a bureau or dressing stand. They also make very useful, dainty and appropriate Easter presents, being particularly appropriate for that season.

And while possessing all these pretty accessories let the dainty maiden remember that order is "Heaven's first law."—Ladies' Home Journal.

A PLEA FOR GIRLS.

Why They Should Be Urged to Take Part in Outdoor Sports.

So much depends upon the education of girls that the mother who gives serious thought to the matter will at once recognize the importance of carefully supervising the daily life of her young impressionable daughter.

Muscle and nerve will not grow strong if indoor amusements are the rule. Embroidery and sewing are very well in their way, but it is absolute cruelty to compel a growing girl to sit in a chair for an hour or two and laboriously apply the needle.

There is no reason why girls should not take part in some of the outdoor sports that give to their brothers such robust constitutions.

Health, unless built on a solid foundation, is a base counterfeit; therefore, mothers should insist upon the formation of habits that tend to strengthen both nerve and muscle.

The reading of sensational literature should be strictly forbidden, as it has a tendency to make girls morbidly sentimental and self-conscious, and finally renders them incapable of appreciating high-class reading matter.

It is a bad plan to check or repress a girl continually. Health, vitality and exuberance of spirit go hand in hand. Instead of trying to subdue a nature of this description, encourage walking, running, horseback riding, lawn tennis, hand ball, swimming and general gymnastics, and the result will be a healthful and well-balanced physical development.—Prairie Farmer.

THE WORKING DRESS.

Why It Should Be Simply Made and Comfortably Fitted.

It is a good thing for housekeepers that the skirt and blouse styles of dress are in such general use. These loose styles of waists are much more convenient in working than the tight-fitting waist, which in a wash fabric is so apt to shrink and get out of shape.

A light quality of American flannel of dark cloth color is the most suitable material for working dresses, though some housekeepers use a firm, good quality of cambric or gingham in winter as well as summer. In either case, whether the working dress is made of wool or cotton, it should be simply made and comfortably fitted, and made so that it may be easily washed.

The best design is a skirt with a plain hem, with possibly a few tucks above it, and for the bodice some variety of the blouse waist, which is made without a lining, so that it may be worn over a close-fitting underwaist. The varieties of this comfortable underwaist are so great that styles may be found becoming to stout as well as slender figures. In a neat dress of this kind, with a white apron at hand to put on in exchange for a gingham one, the working woman may always be presentable in case of an unexpected caller.—N. Y. Tribune.

Do You Fold Your Napkin?

There is a great deal of uncertainty as to whether it is or is not the thing to fold the napkin after a formal meal. If one is staying in the house and knows that napkin rings are in use, it seems a reflection upon that custom to fling the napkin down in an untidy heap. An elegantly-appointed table deserves better treatment, even at the end of the meal, than those disheveled piles of drapery, too. Therefore it always seems fittest to simply half fold the napkin, and not attract attention to it either by one obtrusive habit or the other.

Where to Lay the Dinner Tools.

In laying the ceremonious dinner table be careful to see that the oyster fork goes on the right with the knives, the other forks on the left; the napkin also lies at the left, while the glasses are put at the right.

WEALTH STATISTICS.

Total Valuation of the Country as Shown by the Census—The Showing of Kansas, Missouri, Oklahoma and Indian Territory.

WASHINGTON, March 22.—The total true valuation of the real and personal property in the country at the close of the census period 1890 as it now appears in a special census bulletin, amounted to \$65,057,091,197 of which \$39,544,533 represented real and \$25,492,548 personal property. The detailed statistics relating to Missouri, Kansas, Oklahoma and the Indian Territory are here given:

True valuation of real and personal property—Missouri, \$2,397,902,941; Kansas, \$1,593,243,511; Indian Territory, \$1,073,162; and Oklahoma, \$48,285,124.

Real estate with improvements thereon—Missouri, \$1,438,731,211; Kansas, \$939,530,176; Indian Territory, \$1,021,251; and Oklahoma territory, \$1,021,251.

Live stock on farms and ranches, farm implements and machinery—Missouri, \$1,010,331,892; Kansas, \$1,010,331,892; Oklahoma territory, \$3,629,869; Indian Territory, not stated.

Mines and quarries, including product on hand—Missouri, \$12,983,724; Kansas, \$4,574,096; Indian Territory, \$1,021,251; Oklahoma, not stated.

Gold and silver, coin and bullion—Missouri, \$46,437; Kansas, \$2,066,038; Oklahoma, \$9,574; and Indian Territory, \$37,406.

Machinery of mills and breweries on hand, raw and manufactured—Missouri, \$100,566,672; Kansas, \$10,115,444; Oklahoma, \$1,114; and Indian Territory, \$114,549.

Railroads and equipments, including street railroads—Missouri, \$32,614,457; Kansas, \$452,427,613; Oklahoma, \$5,639,471; and Indian Territory, \$1,010,144.

Telegraph, telephone, shipping and canals—Missouri, \$12,941,181; Kansas, \$7,738,384; Oklahoma, \$247,336; and Indian Territory, not stated.

Miscellaneous—Missouri, \$303,523,441; Kansas, \$106,367,227; Oklahoma, \$742,038; and Indian Territory, not stated.

Assessed valuation of taxed real estate and improvements—Missouri, \$625,838,361; Kansas, \$5,972,548; Oklahoma, \$4,581,170; and Indian Territory, not stated.

An interesting tabulation is presented, showing the increase in true valuations of real and personal property by decades, from which these statistics are extracted:

Missouri—1891, \$7,702,945; 1890, \$1,561,091; 1889, \$1,284,922,937; 1888, \$61,214,93 and 1887, \$127,577.

Kansas—1891, \$1,793,343,501; 1889, \$700,000; 1888, \$188,892,014 and 1887, \$1,705,462.

Oklahoma—1891, \$48,285,124.

IRRIGATION CONGRESS.

Resolutions Adopted by the Convention in Session at Omaha.

OMAHA, Neb., March 23.—Nearly the entire morning session of the interstate irrigation convention was spent in executive session debating the series of resolutions prepared by the executive committee. The principal fight was made over the clause demanding that congress make an appropriation to test the practicability of irrigation by means of artesian wells. Gov. Kounz, of Nebraska, made a brief address of welcome. Charles A. Gregory, of New York and Chicago, talked on "Irrigation and Continental Development," and Ira C. Hubbell, of Kansas City, read a paper on "Pumping Machinery for Irrigation." The convention took a recess for the purpose of visiting the South Omaha stock yards.

At the afternoon session the report of the committee on resolutions, was reported at the morning session, was adopted. After reciting the opening of public lands to settlement, the platform goals were:

Resolved, That it is the sense of this convention that it is the duty of congress to make an appropriation to test the practicability of the following methods of irrigation for these plains:

First.—That the government should be experiments determine whether the underflow water is of sufficient volume and can be brought to the surface at a cost to make it available for general irrigation purposes.

Second.—That it should determine the extent to which reservoirs can be constructed for the purpose of storing storm water sufficient in quantity for irrigation purposes.

Resolved, That we fully endorse the following extract from the report of the special committee of the United States senate and the same be made a part of the resolutions of this convention:

"If anything can be done to encourage the people of these great plains it is important that it should be done speedily. There are over 1,000,000 people in the arid and semi-arid belt, who have paid into the United States treasury no less than \$10,000,000 for public lands. The government should demonstrate to them the practicability before they can have the courage or can command the means to prosecute the work on anything of a considerable scale."

THE SILVER CONVENTION.

The Two Old Parties Said to Be Responsible for the Condition of the Country.

DES MOINES Ia., March 23.—The national silver convention closed last evening. At the morning session brief speeches were made on the question: "What is the proper remedy, and how may it be applied?" President Johnson, Bimetallist League of Kansas, was the first speaker.

"The silver age is upon us. England holds the key to all values in gold. The repeal of the Sherman act was the death of silver in this country. A gold bullion value depreciates values depending upon free coinage. The end of the fight may be the dethroning of gold."

"The international conspiracy seems to have been at work to reduce silver far below its true value. Any change in the relative values of silver and gold is treason on the part of congress of the United States. The conspiracy of capital has given us the mortgages of to-day, amounting to \$3,500,000,000, payable only in gold."

Ignatius Donnelly, of Minnesota, made a brief address, in which he said: "The demonization of silver was a colossal conspiracy and crime, the greatest ever perpetrated against the human family. It is demonic." He urged all to proceed on constitutional lines. The two old parties were responsible for the fearful condition of the country. He warned the people not to trust all who cry "free silver."

Big Fire at Denver.

DENVER, Col., March 23.—One of the most destructive and at the same time spectacular conflagrations ever seen in this city broke out at 6:15 p. m. yesterday in the recently finished six-story Champs building between Fifteenth and Sixteenth streets, and threatened for a time to sweep the entire block. The fire department worked with desperate energy, and, in spite of insufficient water pressure, conquered the flames after about a quarter of the square had been destroyed, at a total loss of \$175,000. The St. James, one of the largest hotels in the city, was also damaged by fire.

ANTI-OPTION BILL.

Provisions of the Measure as Finally Agreed Upon by the House Committee on Agriculture.

WASHINGTON, March 24.—The house committee on agriculture has completed its consideration of the anti-option bill and authorized it to be reported to the house in the amended form agreed upon. As agreed upon the bill provides that "option" contracts and every "future" contract shall have affixed thereto internal revenue stamps representing taxes as follows: For every 10,000 pounds of cotton, hops, pork, lard, bacon, dried, salt and pickled meats, 1 cent and every 1,000 bushels of wheat and other grains 1 cent. Every cancellation, clearance, acquittance, contango, privilege, waiver, or other agreement by which the options or future is terminated otherwise than by actual sale and delivery, or such termination is delayed or obviated, shall have affixed thereto internal revenue stamps representing taxes as follows:

For every pound of raw or unmanufactured cotton, hops, pork, lard and bacon, 1 cent a pound; for every bushel of wheat 3 cents, and for every bushel of corn, oats, rye and barley 3 cents.

Another amendment was adopted by which a person engaged in the business may move from any state to another on notice to the collector of the district in which his business is carried on. The notice to collector must state the principal place where business is carried on. This amendment was adopted to meet the objections of the southern members who represent constituents dealing in cotton who move frequently from place to place and who would not be able to conveniently furnish a penalty bond for the observance of law in each.

Every bill of sale executed at the termination of contract is to have affixed thereto a 2 cent internal revenue stamp. The special tax on dealer's option and futures is fixed at \$12, instead of \$24, as originally proposed, and the penal bond required to be furnished is fixed at \$3,000, instead of \$10,000.

In the first section, which defines options, the bill has been amended so as to apply to "any person as vendee for whom, or in whose behalf, such contract is made," as well as to the party acquiring the right to sell or deliver to another at a future time, or within a designated month or other period. The same modification as to the time limit was made with regard to "future" contracts. Dry salted meat and pickled meats are added to the list of articles to which the bill is to apply, and flour is dropped therefrom. All options and future contracts and transfers and assignments thereof, are to be in writing and signed in duplicate by the parties thereto and every option contract is to state in explicit terms the time, the right, or privilege of delivering, or the right of delivering the articles named therein shall expire, and every future contract is to state in explicit terms the quantity and the day upon which or the last day of the period within which the articles contracted to be sold shall be delivered.

In each such contract the party contracting, or the party for whom he acts as agent, etc., shall state explicitly whether he is or is not the owner of the article or articles contracted to be sold and delivered, or has or has not theretofore acquired it or them by purchase, or is not then entitled to the rights of the future possession of such articles. Any such contract not including such statements, and not so made and signed, shall be unlawful. Dealers are required to keep a book for recording on the day of its execution the date of option and future contracts, those which may be transferred or assigned by such dealers, and all other information incident thereto, which book is to be subject to inspection by the revenue officers. Monthly returns are to be made by revenue collectors, who, in return, at stated periods, are to make reports to the commissioner of internal revenue. Provision is made for the preparation of suitable stamps denoting taxes required by the act to be paid therewith and for punishing counterfeiters thereof. Persons violating the provisions of the act are to be liable to a fine or imprisonment in addition to the taxes prescribed by the act.

There were twelve members of the committee present, and Chairman Hatch said there were but two negative votes on the bill, those of the members from New Hampshire and Massachusetts. All the absent members, he said, were in favor of the bill.

LEFT TO THE JUDGE.

Receives Clark and the Union Pacific Men Unable to Agree.

OMAHA, Neb., March 24.—The last move in the joint conference of officials and employees of the Union Pacific was probably made to-day when the firemen submitted the schedule prepared by them to Mr. Clark and was informed in return that it was not acceptable. There is a possibility that the engineers may be called to confer with Mr. Clark again.

Everything will remain in statu quo until the arrival of Judge Caldwell next week. T. W. Harper, of Terre Haute, the attorney of the firemen, who represented the organization in the Ann Arbor case, the Northern Pacific matter before Judge Jenkins, is here and will make the arguments before Judge Caldwell on behalf of the firemen.

National Encampment G. A. R.

PITTSBURGH, Pa., March 24.—The citizens' executive committee of the twenty-eighth national encampment, G. A. R., which meets here next September, has issued a circular informing G. A. R. members that hotel rates, with a three days' limit, can be secured for from \$1.50 to \$5 per day; lodgings, from 50 cents to \$1 per night, and railroad rates from one fare for the round trip to 1 cent a mile. To avoid delay and annoyance, sachels should be used for baggage. Free quarters will be furnished in school houses and other buildings upon application.

PANIC IN A SCHOOL.

Five Hundred Children Caught in a Burning School Building in a Chicago Suburb—A Number Seriously Injured.

CHICAGO, March 23.—Fire in the South Evanston public school yesterday caused a panic among the pupils. Several of the children jumped from the fourth floor and were injured. Those whose injuries may prove fatal are: Newell Simmons, head and shoulders injured; Ella Sargent, legs broken; Percy Bradley, internally injured; Esther Barden, fatally injured; Carrie Johnson, burned, probably fatally; Frank Johnson, fireman, cut by broken glass; Samuel Mack, expressman, crushed by falling debris.

The pupils on the second floor of the building were driven by the flames and smoke to the upper stories, whence they were rescued by the firemen. Teachers and pupils were panic-stricken, and many were knocked down and trampled upon in the rush for the exits. After the building was thought to be deserted a fireman found ten-year-old Lucy Hustable unconscious on the third floor. She was badly burned and her recovery is doubtful. The building, valued at \$50,000, was a total loss.

During the fire the burning building was surrounded by a crowd of agonized men and women, whose children were in danger, and who added to the intense excitement by striving to break through the police lines and rescue the imprisoned little ones. Miss Foster, a teacher in a lower grade, discovered the fire just as the children were preparing to go out for recess. She had gone to the closet for her hat, and had no sooner opened the door when the flames burst into the room with a roar. The children were paralyzed with fear for an instant and made no effort to escape. Then they fell to screaming, and all rushed to the doors. Miss Foster ran hastily upstairs to the office of F. W. Nichols, the principal, and the panic-stricken pupils followed her, blind with fright. Principal Nichols warned the teachers in the other rooms as soon as he could, and telephoned to the fire department. Before the engines arrived, however, the flames had made such headway that the building was past saving.

In the meantime the greatest excitement and confusion reigned in the school houses. Five hundred children and a dozen teachers were trying to break through the front door. The flames soon cut off the hall leading to the other entrance and a rush was made for the other exit. There were 200 pupils on the first floor. Most of them ran out to the yard. Some of the last to reach the door became terrorized at the sight of the flames raging at their backs and rushed upstairs. Some of the pupils ran to the windows in the hallway of the third floor and raised them. The people in the yard shouted to them to remain quiet, but several clambered out on the ledges, prepared to jump.

The scene about the burning building was appalling. The firemen were endeavoring to run life ladders up to the windows while the parents in the yard and streets about the school houses were shouting to the children clinging to the windows to hang on or go back and descend the stairs. Finally, a boy stood up in a third story window and jumped to the ground, forty feet below. It was Newell Simmons. He fell on his shoulder and was picked up senseless. Almost immediately afterward Esther Burden leaped from an adjacent window on the same floor. Another girl named Sargent jumped, striking squarely on her feet, and sank to the ground with a shriek of pain. Physicians say that her right leg is broken and that she may have sustained serious internal injuries. The firemen rescued several children who were perched on the window ledges ready to drop.

THE BRECKINRIDGE CASE.

The Prosecution Closed and the Outline of the Defense Given.

WASHINGTON, March 22.—The prosecution rested in the Pollard-Breckinridge breach of promise case yesterday and Col. Shelby opened for the defendant in a statement making a general denial of the charges.

The defense did not intend, he said, to condone whatever was wrong in the relations of the two, and it was only by the truth the defendant wanted to be judged.

Denial was made of the allegation that in August, 1893, or at any other time, the defendant had promised to marry Miss Pollard; he absolutely refused her suggestions in 1892 that she go to Miss Willard's in Berlin and upon her return he should marry her. In March, 1893, the pressure brought to bear upon Col. Breckinridge by Miss Pollard was enormous. She was known intimately to Mrs. Blackburn as a young, agreeable woman from the same state. There was talk as to why Miss Pollard was seen so much with Col. Breckinridge. She told him this and that she had explained to Mrs. Blackburn that they were engaged. He told her that it was his purpose to tell Mrs. Blackburn frankly the relations that had existed between them. She implored him not to make known their relations, not to expose her then, but to give her one more chance to make a place for herself in the world, protect her so far as to admit nothing to Mrs. Blackburn, then she would go to New York and gradually die out of his life. By the aid of the admission, in that way she could get out of his life, out of Mrs. Blackburn's life and out of Washington.

FIERCE SNOW IN EUROPE.

Germany's Highways Blocked and Railroad Trains Caught in Drifts.

BERLIN, March 22.—In several parts of Germany there have been heavy snowfalls that have interrupted railway communication. The highroads are piled high with drifts, making traffic along them impossible. In some places railway trains have been impeded in drifts from which it has been as yet impossible to extricate them. In Silesia the snowfall continued from forty-eight to sixty hours. All the telephone and a large number of telegraph wires have been broken down by the weight of the snow put upon them.

AN AUBURN MIRACLE.

An Act of Heroism Is Followed by Dire Results.

Edward Donnelly Saves a Life Almost at the Cost of His Own—After Years of Suffering He Is Restored to Health—His Story as Told to a Reporter of the Auburn Bulletin.

[Auburn N. Y., Bulletin.]

It is on record that upon a chilly April day, a few years ago, an eight-year-old boy fell into the East river at the foot of East Eighth street, New York, and when all efforts to rescue him had failed, Edward Donnelly, at risk of his own life, plunged into the water and, when himself nearly exhausted, saved the boy from drowning. It was a humane and self-sacrificing deed, and received deserved commendation in all the newspapers.

There is a sequel to this accident, however, which thus far has not been published. It is to the effect that Donnelly was paralyzed as a result of the cold plunge and came near dying. Auburn people have known the family since his wife was Amanda Grantman and his sister Mrs. S. D. Corry, of 21 Moravia street. Donnelly himself describes the rescue and the result:

"I was general foreman of the F. A. Mill, grove Saw Mills, foot of Eighth street, N. Y., on the East river. It was on the 29th of April, 1890, that the boy fell into the river and I rescued him from drowning. At that time I was in the water so long that I was taken with a deadly chill, and soon became so stiffened up and weak that I could neither work nor walk. For some time I was under treatment of Dr. George McDonald, who said I had Locomotor Ataxia. He finally gave me up, and on the 1st of June, 1892, my wife and I came up to Auburn.

"When the disease first came upon me the numbness began in my heels, and soon the whole of both my feet became affected. There was a cold feeling across the small of my back and downwards, and a sense of soreness and a tight pressure on the chest. The numbness gradually extended up both legs and into the lower part of my body. I felt that death was creeping up to my vital. I was still taking the medicine (It was Iodide of Potassium), said his wife, and was being rubbed and having plaster put all over my body, but with no benefit.

"I sent to the city Dr. H. Sagar Company, the popular Auburn druggists and sent them boxes of Dr. Williams' Pink Pills and began taking them. In three weeks' time I was so improved that from being helpless, I was able to help myself and to get up and go to work, and to walk every day from No. 74 Walnut street, where I then lived, to Osborn's New Twine Factory, Seymour and Cottage streets—more than a mile—where I was then employed, but all the while I was taking Pink Pills.

"Then Dr. Patchen, of Wisconsin, uncle of my wife, and who was here on a visit, began to peep-hoo at me for taking Pink Pills, and finally persuaded me to stop taking them and let him treat me. When he returned to the West he left a prescription with Dr. Hyatt, of Auburn, who also treated me. But their treatment did me no good, and after a while the old trouble returned and I was getting bad again. Then I began to take Pink Pills; have taken them ever since, am taking them now; have taken in all nearly 30 boxes at an entire cost of less than \$10.00 (my other treatment cost me a pile of money), and again I am well and about every ill that flesh is heir to. These pills are also a specific for the troubles peculiar to females, such as suppressions, all forms of weakness, chronic constipation, bearing down pains, etc., and in the case of men will give speedily relief and effect a permanent cure in all cases arising from mental worry, overwork or excesses of whatever nature. The pills are sold by all dealers, or will be sent post paid on receipt of price (30 cents a box or six boxes for \$2.50—they are never sold in bulk or by the 100) by addressing Dr. Williams' Medicine Co., Schenectady, N. Y., or Brockville, Ontario.

High Pressure Life.

Among the signs that the high pressure at which American professional and business men are living is telling upon them, the great increase in the number of sofas and couches to be used in offices is very interesting to the student of nerves and nervous diseases. A generation ago a violent headache or a feeling of great depression was considered a legitimate excuse for closing up the office and taking half a day off. If not a rest for a day or two. Now there is no time for rests of this character, and the man who is breaking down from overwork gets a couch in his office and takes three or four minutes or perhaps a quarter of an hour's rest when his brain declines to act. A few days ago I had occasion to call upon a well known attorney, who, to my surprise, I found lying on a couch in his office. I was apologizing and promising to call again, when he told me to sit down and he could attend to me all right. I stated my case to him and he dictated a letter to his stenographer bearing on the question, explaining to me when he got through that when he felt played out he could think much better lying down than sitting up.—St. Louis Globe-Democrat.

Precaution of Old-Time Doctors.
It was formerly the practice among physicians to carry a cane having a hollow head, the top of which was gold, pierced with holes like a pepper box. The top contained a small amount of aromatic powder or snuff, and on entering a house or room where a disease supposed to be infectious prevailed the doctor would strike the cane on the floor to agitate the powder and then apply it to his nose. Hence all the old prints of physicians represent them with canes to their noses.—St. Louis Globe-Democrat.

A Delicate Compliment.

Little Fannie—Grandpa, I want you to do something for us.
Grandpa—What is it, little darling?
Little Fannie—We have got a new game called "Birds in the Garden," and we want you to be the scarecrow.—Texas Siftings.

Vivid Suggestions.

Mrs. Slimdiet—No; I don't believe in French cooking. My idea is to have every dish suggest its chief ingredient.
New Boarder—Yes; I notice this gelatine tastes like glue.—N. Y. Weekly.